



Serves: 4

Vegetarian Chinese Chicken Salad

Ingredients

- Mock chicken 1 can*
- Mixed salad greens 159g
- Mixed fruit (grapes, strawberries, honeydew & watermelons), 60g each type
- Soy sauce 1 tbsp*
- Sesame oil 2 tsp*
- Hua Tiao Chinese Wine ½ tbsp
- Sugar ½ tsp
- Garlic, chopped 2 cloves

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Tips:

- Cut or prepare fruit just before serving to prevent nutrient loss.
- Make your own healthy salad dressings to control the amount of fat, oil or seasonings.
- Vegetables and fruit are rich in vitamins, fibre and phytochemicals (beneficial plant substances e.g. carotenoids and flavonoids) that help to lower the risk for some cancers.

Method

- Cut mock chicken into bite-sized pieces.
- Mix fruits and vegetables with mock chicken.
- Add remaining ingredients, toss and serve.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 138kcal

Protein 11.6g

Total fat (g and % of total calories)
4.7g (29.7%)

Saturated fat 1.2g

Cholesterol 0mg

Carbohydrate 13g

Dietary Fibre 2.2g

Sodium 561mg